

EAPondering: "Like Yourself Better in 2016"

A message from your Employee Assistance Program

It is safe to expect that most of us would welcome feeling better about ourselves. If this includes you, Dr. Jennice Volhauer, Ph.D., in *Psychology Today.com* offers a simple 2-step approach you can put into action tonight.

Click, or copy and paste the link:

<https://www.psychologytoday.com/blog/living-forward/201501/one-exercise-sure-make-you-feel-better-about-yourself>

If you would like to talk about improving self-esteem, or anything else in your life, the UConn Health EAP provides *confidential, free, professional consultation* and brief counseling for faculty, staff, graduate assistants and household members to help identify and resolve problems or concerns affecting you, your family or your job.

Call for a private appointment.

860-679-2877 Statewide

800-852-4392 (CT toll-free)